

weekly menu & shopping list



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|-----------|----------------------------------|--|
| MONDAY | B: _____ L: _____ D: _____ | Shopping list: _____ _____ _____ |
| TUESDAY | B: _____ L: _____ D: _____ | Shopping list: _____ _____ _____ |
| WEDNESDAY | B: _____ L: _____ D: _____ | Shopping list: _____ _____ _____ |
| THURSDAY | B: _____ L: _____ D: _____ | Shopping list: _____ _____ _____ |
| FRIDAY | B: _____ L: _____ D: _____ | Shopping list: _____ _____ _____ |
| SATURDAY | B: _____ L: _____ D: _____ | Shopping list: _____ _____ _____ |
| SUNDAY | B: _____ L: _____ D: _____ | Shopping list: _____ _____ _____ |